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INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

WAR FOOD ADMINISTRATION, Office of Distribution

Dallas, Texas
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MEAT SUPPLIES ARE SHORT

Few workers realize that the food service manager within the plant faces the same problems that confront each housewife in feeding her family. His job of feeding hundreds and sometimes thousands of workers is a big task that has to be done despite limited ration points and the short meat supply.

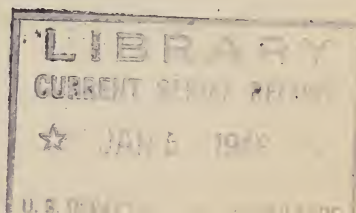
We like meat but today we're faced with short supplies and there's not much relief in sight for some months to come. We should remember that food...like tanks, planes, ships and guns...is a war weapon.

Let's make the most of the available supply under rationing, remembering that the winning of the war is far more important to each of us than a steak today...a chop tomorrow...and a roast for Sunday dinner.

MID-SHIFT MEALS WITHOUT MEAT

With meat in short supply, workers can no longer expect to find the traditionally popular meat-potato-vegetable combination at the cafeteria each day.

Roast beef, steaks and chops have disappeared from the lunch special in many localities. Just like at home, there may be no meat at all for several days a week. Local meat supplies and ration point budgeting determine that.



This does not mean that workers will not be well-fed. Meatless meals can be both wholesome and delicious. They can be appetizing and satisfying. If we adjust our sights to the meat situation we will do two things:

- (1) Understand the cafeteria manager struggles with rationing and supply problems just as we do at home;
- (2) Understand how to choose a good, wholesome meatless meal when meat is not available.

MEAT ALTERNATES

Meat alternates...as the name means...are foods that can be used in place of meats. They have similar food value. Poultry, fish, eggs, cheese, dry beans and peas and nuts are meat alternates. Any one of these foods may be used in place of meat as the main dish of the meal.

Poultry, fish, eggs and cheese are good sources of protein and the B vitamins. That's why they may be used instead of meat. Dry peas and beans and nuts are also good sources of protein and the B vitamins but the protein in these products is a little lower in nutritive value than protein from animals.

So remember to choose a glass of milk or another food containing cheese or eggs when your main dish is dry beans or peas or nuts. For instance, if you have baked beans...this takes the place of meat...as your main dish, take a glass of milk, or a piece of custard pie for dessert to increase the food value of the meal.

SELECTING WHOLESOME MEALS ON MEATLESS DAYS

More care must be taken in selecting an appetizing, well-balanced meal when there's no meat on the menu. Here's a cafeteria menu with three meat alternates:

Cream of celery soup
Tomato juice

Stewed chicken
Fried fish fillets
Boston baked beans

Parsleyed new potatoes
Green beans
Carrots
Fresh spinach salad

Sliced tomato salad
Fruit salad

Whole-wheat and enriched breads
Hot biscuits
Butter or fortified margarine
Blueberry pie
Baked custard
Ice cream

Milk
Other beverages

Here are three of several well-balanced lunches which may be chosen from that menu:

1

Stewed chicken
Parsleyed potatoes
Fresh fruit salad
Hot biscuits*
Ice cream
Milk

2

Fried fillet of fish
Parsleyed potatoes
Green beans
Enriched bread*
Blueberry pie
Milk

3

Boston baked beans
Carrots
Sliced tomato and lettuce salad
Whole-wheat bread*
Baked custard
Milk

* With butter or fortified margarine

Each lunch has been selected to supply foods that give appetite appeal. They look well together and they're tasty colorful combinations. If desired, cream of celery soup may be added to Menu 3. Tomato juice could be added to the other two.

FOODS IN PLENTIFUL SUPPLY

Carrots, cabbage and onions are the fresh vegetables in plentiful supply this month. Tomatoes and oranges are also plentiful.

Tomatoes and oranges are rich in vitamin C. Carrots are a very good source of vitamin A. These foods are delicious raw or cooked and add color to the menu. Use them generously in salads.

FOOD-ON-THE-JOB HERE AND THERE

It sounds like an assembly line figure...One plant in Pittsburgh serves 1,851,600 meals a year. Three mid-shift meals are prepared daily. Workers who must rush to work can get breakfast an hour before the shift begins.

No other single factor, so reports one New York State plant, does more to keep up worker morale than the fine quality of well-cooked cafeteria food.

A Texas cafeteria has been dubbed the "vitamin assembly line" by its workers.

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